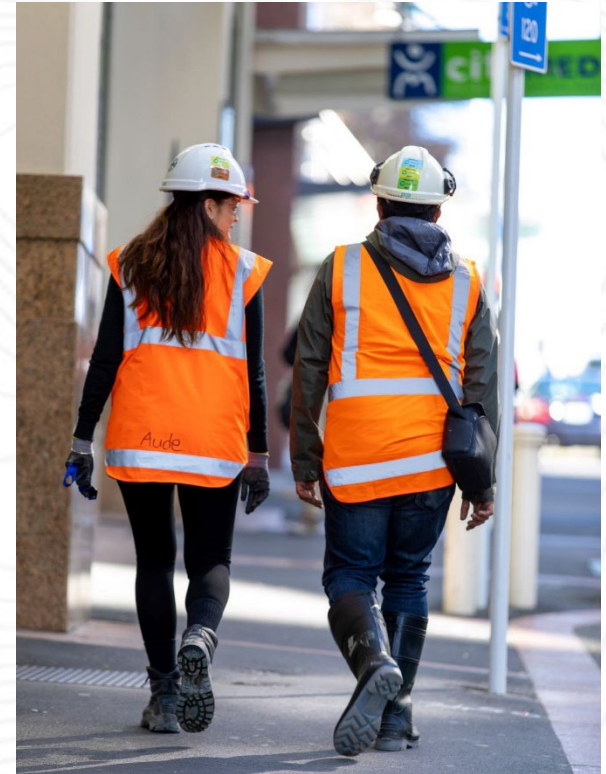


Mental Health in the Workplace



Mental Health Issues Are Common

In New Zealand one in five people over 16 years of age experience some form of common mental health issue in any one year and almost two in every five adults have experienced a mental health issue over their lifetime.



Stress

- **Pressures of work, either actual or perceived.**
- **Unexpected responsibilities, timelines.**
- **Excessive working hours, lack of sleep.**
- **External pressures, family, social, mental health**



Right now, you or someone in your workplace is likely to be affected

Talk - about mental wellbeing: Make talking about wellbeing an everyday thing. Keeping the kōrero (chat) alive and open in your workplace positively affects mental wellbeing.

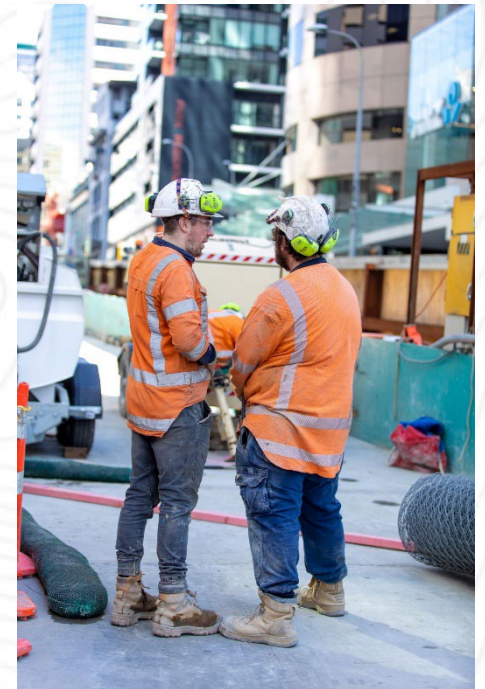
- ❑ **Don't ignore it**
- ❑ **You need to be empathetic, approachable and willing to listen**
- ❑ **No special skills are required to talk about mental health**



Right now, you or someone in your workplace is likely to be affected

Understand - what is supportive:

- ❑ To find out how you can support, listen non-judgmentally.
- ❑ Acknowledge the person's feelings and don't take them personally.
- ❑ Let them know you're asking because you're concerned about them.
- ❑ **Most importantly take what they say seriously.**



Right now, you or someone in your workplace is likely to be affected

Work together - for shared success:

- ❑ **Work together to find solutions that work for both you and your workers, keeping the mana of everyone intact.**
- ❑ **Focus on strengths and abilities brought to the workplace and what resources you can both bring to tautoko (support) wellbeing and achieve shared goals.**
- ❑ **Remember to follow up in a few days.**



Where to get help

- [WorkSafe](#)
- *Employee Assistance specialists*
- [MinEx](#) - *wayne@aqg.org.nz*
mobile: 021 944 336
- *IOQ*

